



Summer 2020

## **New Equipment Allows Beth Donovan to Continue Lending**

"In late March, a week after our world changed due to COVID-19, one of our clients called," says Sue Walker, Executive Director, Beth Donovan Hospice. "She had borrowed mobility equipment from our free lending service."

"When the husband of our client passed away, the pandemic rules did not allow for a funeral. They only had a private service for immediate family," says Sue. "She was understandably distraught and told me the only thing she could control was putting her house back to normal."



This feeling of normalcy included having all the equipment removed from the house. It was a very painful reminder of her husband's suffering and how very much she missed him.

### COVID-19 Puts Program on Hold

Unfortunately, Beth Donovan Hospice was not able to accept the return of the borrowed equipment because they didn't have the means to meet new COVID-19 protocols for sanitizing equipment before accepting it back into inventory.

"We didn't have the industrial strength tools to clean the equipment, until now!", says Sue.

"Thanks to help we received from the OutCare Foundation we've been able to order an industrial steamer that arrives soon. We look forward to continuing to lend out safely to those waiting for wheelchairs, commodes, walkers and so much more."

The Beth Donovan Hospice, located in Kemptville, loans medical and mobility equipment to people who are able to spend their last days in the comfort and familiar surroundings of home. Their resourceful team acquired a shipping container to temporarily store equipment as they await arrival of the new steam-cleaner.

"The OutCare Foundation, through donors like you, is proud to be able to help people who support their loved ones by helping them spend their time together at home," says Linda McCallum, OutCare Foundation Chair. "COVID-19 is changing everything, including how we support people in their final days of life. Through this small gesture, we know that Beth Donovan and other hospices in Eastern Ontario can safely continue to help people stay together as long as they can."

Currently OutCare is working with hospices with equipment lending programs to ensure they have the appropriate cleaning equipment. You can help at **outcarefoundation.org** 

"Thanks to help we received from the OutCare Foundation we've been able to order an industrial steamer that arrives soon."

Sue Walker, E.D., Beth Donovan Hospice

## **Board of Directors**

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## Welcome

OutCare is pleased to welcome Jennifer Cass, our new Program Coordinator. She is ready to support you as we work together to improve the lives of patients and families needing palliative care. Reach her directly by email at

jennifer.cass@ outcarefoundation.org



# With Thanks Ian Rathwell, Long-time Board Member & Treasurer, Moves On

Since joining the Board of OutCare Foundation in 2006, Ian Rathwell, a former Partner at Deloitte & Touche, LLP, has played a major role, offering financial guidance, crafting governance and fundraising expertise. In his role as treasurer, Ian's direction helped OutCare to protect its funds, giving us the resources to provide help to families in the community in much the same way as the community helped his.

## Personal Connection to Palliative Care

Before he was approached by then Board Chair, Kim Devooght to join the OutCare Foundation as Treasurer, Ian Rathwell had no direct experience with palliative care and, like many of us, he never expected to. When his wife Deborah was diagnosed with ovarian cancer in early September 2009, his focus shifted to Deborah's end-of -life journey.

"The most important thing for Deborah was her family," says Ian. "She chose to live out her remaining days at home and we were fortunate to have the resources in our community to allow Deborah to receive palliative care in the comfort our home."

Surrounded by her loving family and compassionate caregivers, Deborah passed away on September 22, 2011, just over two years after her diagnosis.

## **Enduring Ties**

After fourteen years in a leadership role, Ian is leaving the Board and moving to his "heaven on earth" on Vancouver Island.

"It has been my absolute honour to work with OutCare, it's donors and the people they help," he says. "Although I'll be physically moving, my heart will always be connected to OutCare and the work we do."

The OutCare Foundation thanks Ian for his nearly two decades of support and is grateful for the legacy he leaves behind.

## OutCare 2020 Vision

## **Enhancing In-Home Palliative Care Programs**

When the OutCare Foundation recognized an unmet need for end-of-life palliative care in 2005, we refocused our efforts to provide financial support for community palliative care programs, primarily in hospices.

#### Funding Innovation & Education

Thanks to your support, in the past 15 years OutCare has funded a broad range of initiatives for palliative care providers throughout the Ottawa and Eastern Ontario region; including:

- a successful telemedicine project
- promotion and facilitation of Advanced Care Planning
- bursaries for both palliative care volunteers and students and,
- equipment that improves the comfort, care and quality of life for those facing end-of-life

#### Demand for In-home Palliative Care

As we move towards our third decade in the community and our 20th anniversary, OutCare is adapting and continues to respond to the changing needs in the community. A series of strategic planning sessions supported by these demographic facts from a Health Canada study have helped OutCare revise our focus:

- The majority (75%) of the population prefer to spend their final days in the comfort of their homes;
- Only 15% of people receive palliative specific home care in their final month of life; and,
- The number of people over the age of 80 will double by 2036.

Our region has only 62 residential hospice beds (in 8 locations) and one dedicated 31-bed sub-acute palliative care unit (Bruyère) for a total of 93 palliative care beds to serve a region of over 1.3 million.

The current residential hospice model for palliative care does not have the capacity to handle the demand within our community.

#### New Direction

OutCare recognizes the need to deliver palliative services into homes to ease the burden on the families and on the healthcare system. Our fundraising focus will support home-based palliative care programs provided by the hospices in the Champlain Health Region.



The Champlain Health Region stretches along the Ottawa and St Lawrence Rivers, servicing more than 1.3 million people in Renfrew County, North Lanark, Ottawa, Prescott/Russell and Stormont-Dundas & Glengarry.

#### Together We Can Make a Difference

Please join us on this new direction and help to make it possible for more people in our community to live out their final days with love, hope and dignity.

## 2019 OutCare Hospice Grants

The OutCare Foundation continues to invest your donations to improve hospices programs in Eastern Ontario. In 2019, we funded these organization needs:

## Beth Donovan Hospice, Kemptville

- Hoyer Lift to facilitate patient wheelchair to bed transfer
- air mattresses
- wheelchairs

## Carefor, Pembroke

• Delivery of 20 hospital beds to patients receiving in-home palliative care

### Home Hospice North Lanark

- LEAP (Learning Essentials Approach to Palliative Care) training for 15 volunteers to provide inhome palliative care visits
- Continuing education for 15 hospice home visiting volunteers

## Ottawa Mission Hospice

- Balanced Air Self Adjusting mattresses
- Masimo Set Oximeter
- Stethoscopes

## Champlain Hospice Palliative Care Program

• Bursaries for 24 volunteers to receive training



L-R Toni Surko, Fundraising Chair & Nancy Deschenes, Board Chair of Home Hospice North Lanark, Linda McCallum, Chair & Jennifer Cass, Program Coordinator, the OutCare Foundation.

## **Events Update**

All in-person events are on hold for the time being. Like other organizations, we are creating new virtual events. Please watch our web site for updates.

OutCare Awesome Auction September 8, 2020 to October 13, 2020

7th Annual Black Tie Bingo

NEW DATE! November 13, 2021

## How to Help

## Donate Today

You can help more people on their end-of-life journey by calling us at **613-232-2273** or going online at **outcarefoundation.org** 

## Become a Monthly Donor

You may want to join our growing number of monthly donors. Monthly giving is an affordable and easy way to support palliative care, year round. To set up your monthly gift please call us at **613-232-2273** or visit **outcarefoundation.org/monthly-giving**/